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2 **CLAIMS**

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4 I claim:

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- 6 1. A migraine treatment kit, comprising:
- 7 a. at least two bags of black pekoe tea;
- 8 b. two 325mg aspirin tablets;
- 9 c. at least one teaspoonful of apple cider vinegar; and,
- 10 d. at least one teaspoonful of honey.
- 11 2. A method for migraine headache treatment comprising:
- 12 a. selecting a kit 10 containing at least three bags of black pekoe tea 15, 16, 17,
- 13 two 325mg aspirin tablets 24, 25, at least one teaspoon (5 mls) or tablet of apple cider
- 14 vinegar 30, and at least one teaspoon (5mls) of honey 40;
- 15 b. heating at least two ounces of water until sufficiently hot for brewing tea bags;
- 16 c. brewing at least two said bags of black pekoe tea 15, 16 in said hot water 50;
- 17 d. removing said bags of black pekoe tea 15, 16 from said hot water 50;
- 18 e. adding said aspirin tablets 24, 25, said apple cider vinegar 30, and said honey
- 19 40 to said hot water 50 to form a concentrated mixture 60;
- 20 f. selecting a cup 70 with two to six ounces of ice 75;
- 21 g. pouring said concentrated mixture 60 into said cup 70 to dilute and cool said
- 22 concentrated mixture 60 for rapid drinking; and,
- 23 h. rapidly drinking said composition 50.